WRHCS Winter Safety

Introduction

Purpose: To increase individual's safety awareness level by providing information that will encourage the employee to change their behavior and decrease the chance for an unpleasant event.

The **No. 1** cause of winter driving accidents is
driving too fast.

Motor Vehicle Accidents are the **No. 1** cause of death in winter storms

Prepare YOUR Vehicle for the Winter

Winterize your car

- Check antifreeze, defroster, emergency signals, heater, lights, oil, tires, windshield washer fluid, and wiper blades

Have emergency supplies in your car

- Blanket, jumper cables, first aid kit, flashlight, ice scraper, matches and a candle, sand/gravel, small shovel and a cellular phone

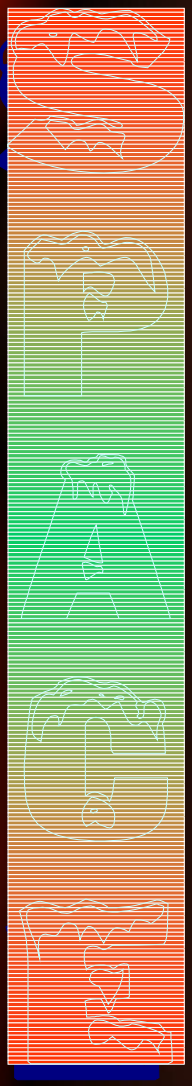
Before You Drive

Prior to driving in a winter storm:

- Let your car warm up for a few minutes
- Clean the entire car before you begin to drive.
- Make sure all lights work and are clear of ice and/or snow.
- Clean ice and snow off your windshield wiper blades.
- Check horn, adjust mirrors, test brakes.

Do this BEFORE you leave home and/or the office

Maintain SPACE



peed - The No. 1 cause of winter driving accidents is driving to fast.

atience and courtesy save lives.

wareness of other vehicles and your environment is essential.

oncentration - The increased hazards of winter driving make

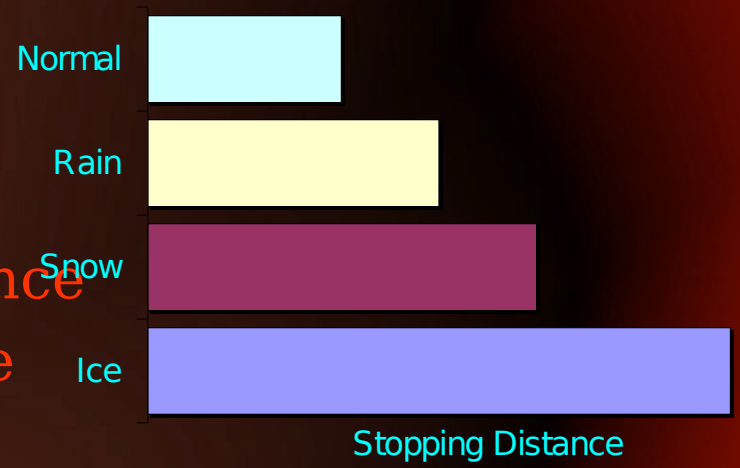
Safe Driving Skills

Following Distance

- Normal (Dry Road) Driving - 3 seconds
- Winter Driving - 6 or more seconds

Stopping Distance

- Rain - 50% more than dry
- Snow - 2x normal stopping distance
- Ice - 3x normal stopping distance



Braking

- Gently tap and release brake pedal in a pumping motion
- Vehicles with ABS/disk brakes should apply steady, gentle pressure to the pedal - *do not pump brakes.*

Safe Driving Skills

Skids

- Front/rear wheel drive - Steer in the direction of skid
- Rear wheel drive - remove foot from accelerator
- Front wheel drive - continue to apply steady pressure on the accelerator
- As the vehicle comes out of the skid, straighten wheels or steer slightly in the opposite direction

When Stuck

- Watch out for other cars!
- Shovel the snow from the front & back of all wheels
- Try to ease out without spinning the wheels
- If this does not work try to rock the vehicle by shifting between forward and reverse.
- If all else fails - call for help!

Cars are expendable, LIVES are not!

Let’s Talk about the COLD

Frostbite - Body tissues may freeze when skin is exposed to extreme cold or

touches a very cold object.

- Most susceptible body parts include nose, ears, cheeks, fingers and toes

Symptoms

- Feel extremely cold, numb and possibly tingly
- White or grayish yellow glossy skin, possible blisters

Let’s Talk about the COLD con’t

Prevention

- Keep Moving, take extra care if it’s wet or windy outdoors
- Wear warm, loose, layered clothing covering your feet, hands, face and head
- If you are wet, uncomfortably cold or have numb fingers or toes get to a warm area and into warm, dry clothes or blankets

Treatment

- Warm frozen part with blankets or warm (not hot) water
- Don’t rub the body part, drink caffeine, or break blisters

Let’s Talk about the COLD, con’t

Prevention

- Keep Moving, take extra care if it’s wet or windy outdoors
- Wear warm, loose, layered clothing covering your feet, hands, face and head
- If you are wet, uncomfortably cold or have numb fingers or toes get to a warm area and into warm, dry clothes or blankets

Treatment

- Warm frozen part with blankets or warm (not hot) water
- Don’t rub the body part, drink caffeine, or break blisters
- Don’t warm with a hot stove, heat lamp, or hot water bottle
- Exercise warmed body part (but stay off frostbitten feet)

The Scoop About Snow Shoveling

Shoveling snow can be dangerous. The following tips can help
you get a handle on safe shoveling:

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, do not shovel without a doctor's permission.

- Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be sure to stretch out and warm up before taking on the task.

- Try to shovel fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.

- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.

The Scoop About Snow Shoveling con’t

- Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.

- Lift with your legs [bent], not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.

- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.

- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

Other Winter considerations

Clothing

Wear a hat!

Wear gloves!

Wear shoes with good traction!

Layer your clothes!

Child Safety

Be aware of the time spent outside

Check sleigh path

Dress children in layers

Have hot cocoa on hand

Sports

Check Equipment

Wear a helmet

Wear goggles

Stay in Pairs

Home Safety

Check electrical wiring

Check furnace/wood stove

Have chimney cleaned

Review Snow Blower manual

Keep a bag of salt in garage

Safety on Campus

- Wear the right shoes for the type of weather
- Report Unsafe road/sidewalk conditions to the Safety Office

WRHCS Winter Safety

Winter driving can be inconvenient, annoying, even
infuriating. But you can offset those aggravations and
minimize the special risks of winter driving. The main
thing is to give yourself plenty of time to get to where
you are going.

Have a Safe Winter Driving!